



Adoptable pets . . .page 15

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**AUGUST 6-12, 2009**

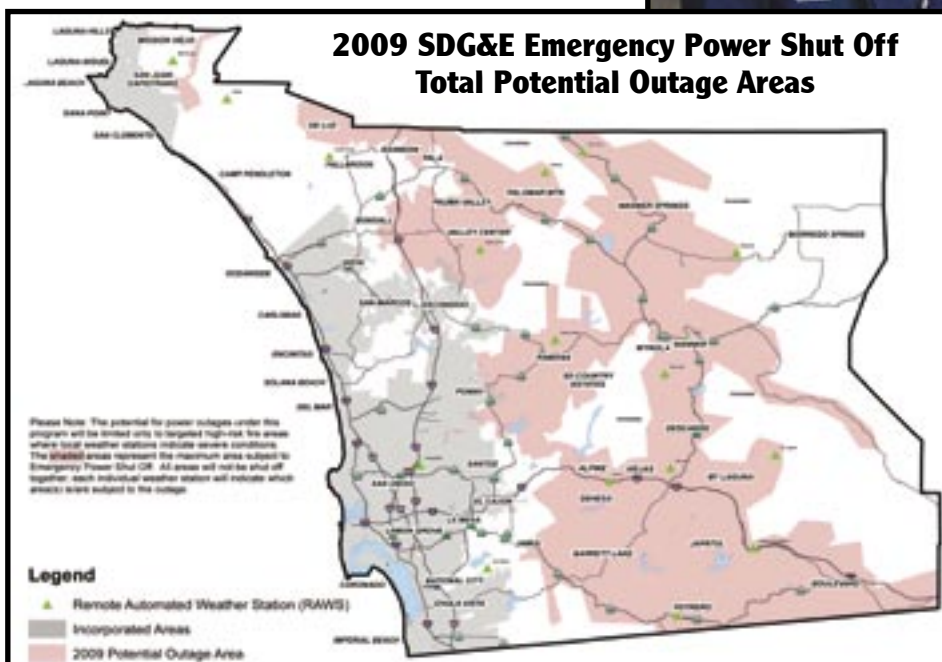
# 'Before the Threat' campaign



El Cajon Firefighter mapping out the danger areas. Photo by Monica Zech



Firefighters and volunteer Amy Ruis with Lakeside Chamber of Commerce--participated in the "Before the Threat" walk to pass out packets of precautionary information. See story page 4. Photo by Patt Bixby



As SDG&E prepares for this year's fire/Santa Ana season, they are trying to seek out ways to help reduce the impact of their Emergency Power Shut-Off plan on customers. They have completed some projects and others are under way that will improve overall system reliability as part of their capital budget, but also have the added benefit of allowing them to remove some people from the plan "footprint." For example, in the map shown to the left, Borrego Springs is no longer included, and by September, they hope to eliminate a large section of Valley Center and Poway. This map does not yet reflect those changes and won't until those projects are completed. Keep in mind this is only the areas that could be affected, but not all areas would be without power at the same time. Extreme weather-related conditions are expected once or twice a year, affecting 8,000-10,000 customers per event. See page 2 for County Chairwoman commentary on this issue.

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# Local News & Events

## SDG&E Fire Plan is 'All smoke'



by Dianne Jacob  
County Chairwoman

**S**DG&E has a long history of putting profit ahead of the public good. Now, the company that fought to return record profits from low-cost energy contracts to its shareholders instead of ratepayers during the California energy crisis has a radical, untested idea to prevent back-country wildfire.

The very same people who got caught by the *San Diego Union-Tribune* issuing unnecessary Stage 3 power alerts with plenty of power to spare in 2007 are forging ahead with a plan to kill the juice proactively.

This time, SDGE claims that what might be days-long blackouts are absolutely necessary to preempt deadly wildfires caused by its lines. If SDG&E

has its way, more than 60,000 homes could be plunged into darkness when winds reach a certain speed and brush moisture drops to certain levels.

Here's what's missing from SDG&E's expensive ad campaign: power lines themselves weren't the problem in the horrific firestorms of 2007. The problem was the utility's failure to maintain them.

The details are in the "after action" report conducted by the Consumer Protection and Safety Division of the California Public Utilities Commission.

In the case of the Guejito fire, the report concluded that minimum inspection requirements were violated. In the case of the Witch Fire, inspectors discovered SDG&E infrastructure "did not have minimum separation as required" by existing regulations.

The cause of the Rice Fire in Fallbrook was especially flagrant. On July 18, 2007, an SDG&E contractor reported a sycamore tree growing into wires and ordered it be trimmed. SDG&E ignored the order. Three months later, a falling branch from the very same tree touched off the Rice Fire.

Because SDG&E is on the financial hook for the damage it caused by negligently failing to maintain its system,

its "risk management" experts have come up with the shutoff plan.

As currently crafted, the plan would shift liability from the utility to taxpayers. When SDG&E decides to cut power, if homes should burn or people die in one of the 97 percent of fires not caused by power lines, taxpayers, not the utility, could be forced to foot the bill!

Given the choice between doing right by the public and protecting its bottom line, the utility is, as always, following the money.

SDG&E is choosing to bring unnecessary grief to some of our region's most vulnerable populations: seniors who are dependant on life-sustaining medical devices and refrigerated medicine, people with disabilities who can't afford highly-specialized care during a shutoff and struggling ranchers and agricultural businesses that, in this economy, don't have thousands of dollars for specialized generators.

SDG&E's simplistic and hostile rhetoric scapegoats impacted communities and deliberately distracts from the real problem: had SDG&E followed existing state regulations back in 2007, homes would still be standing.

The utility should be garnering public support for tested



"Before the Threat" deliveries by El Cajon Firefighters Hazletom and Cincotta. Photo by Monica Zech

and proven fire prevention measures like undergrounding, better vegetation management, swapping safer steel poles for wooden poles, wider spacing between lines to prevent arcing and increased inspections. Instead, it's crunched the numbers and determined that it's cheaper to cut power.

Here's what else is missing from the utility's impressive public relations blitz: had the shutoff plan been in place in 2007, it would not have prevented the 2007 firestorms. Cal Fire data shows that communities would have been shutoff from power *after* the start of the fires.

This is among the many

reasons Cal Fire, the San Diego County Fire Chiefs Association, the San Diego County Sheriff's Department and the San Diego County Office of Emergency Services won't embrace the plan.

Sadly, SDG&E isn't the only entity in the region selling out residents. The *Union-Tribune* has reported sordid tales of SDG&E contractors and leaders of SDG&E-funded community groups failing to disclose financial ties to the utility while testifying in support of the shutoff plan before the CPUC.

The people opposed to the shutoff plan don't have the oil industry's millions to buy

influence and manufacture a PR campaign. Still, the San Diego County Board of Supervisors, the San Diego County Office of Education, numerous water districts, telephone companies, cable television companies, people with disabilities, consumer protection groups and thousands of residents are united in our opposition to this poorly-crafted gamble.

Dianne Jacob is the Chairwoman of the San Diego County Board of Supervisors. She is chair of the San Diego County Task Force on Fire Protection and Emergency Medical Services and chair of the Unified Disaster Council.

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## — LOCAL NEWS &amp; EVENTS —


**HAROLD IRVIN HILLIKER**  
**Oct. 21, 1942 - July 31, 2009**


On July 31, 2009, Harold Irvin Hilliker passed away after living a dedicated life to his family and community.

Harold was born to Frank and Josephine (Bertagnini) Hilliker on October 21, 1942 in San Diego. He attended St. Rita's Catholic School. His family moved to Lakeside in 1952. He helped his father and brother, Robert Jones of Lakeside, build the family farm. Harold graduated from El Cajon Valley H.S.

in 1961 before attending Cal Poly San Luis Obispo. Harold was also a graduate of the California Agricultural Leadership program, Class XII.

Harold married Lisa Zimmermann in 1967. Together they raised two children, Frank and Lara, as well as foster daughter Heather. Harold passed to them the values he learned from his own parents, preparing them to become the third generation of his family to operate and grow the family business. Lara's children, Tatiana, Travis and Thomas Woliung, and Heather's twins, Travis and Will Warner, honor and remember their grandfather as a man of integrity and tireless industry as they prepare to become successful, independent adults. Later in life, Harold enjoyed the longtime companionship of his second wife, Shelly McClendon.

Harold operated and grew his family business into an East County institution. Under his leadership, Hilliker's Ranch Fresh Eggs served its community for decades as a model of ethical and environmentally responsible family farming. Every day, neighbors throughout East County stopping by Harold's ranch for fresh eggs could see Harold, Frank, Lisa, Lara, Heather and Shelly working hand in hand with each other.

Harold taught High School Agriculture classes under James Dyer at El Cajon Valley H.S. in 1969. Harold was Livestock Superintendent for many fairs throughout the state, including over 40 years at the Del Mar Fair. For the past several years, he was livestock superintendent at the Riverside County Fair and National Date Festival.

After his children and grandchildren, Harold's true passion was service to his community. Harold spent his life working to improve the lives of those in Lakeside, his fellow San Diego County residents, and California's family-operated farms. He served as a trustee for the Lakeside Union School District for the past 24 years. Under his stewardship, LUSD has provided a quality education to thousands of Lakeside children while keeping its budget balanced, year after year.

Harold was also a member of the Vestry of St. Alban's Episcopal Church, Lakeside Chamber of Commerce, Upper San Diego River Improvement Committee, Lakeside River Park, San Diego County Farm Bureau, San Diego County Fly Abatement Board, Riverview Water District, Vitagold Feeds Co-operative, Boys & Girls Club of East County, and the San Diego County Republican Party, as well as a lifetime 4-H Leader at large, just to name a few. Harold directed Hilliker's Ranch Fresh Eggs to sponsor local Little League teams and high school athletic programs; he also gave countless hours and capital to charities around the county. In 2005, the Lakeside Chamber of Commerce honored Harold with its Harry J. Spence Lakeside Citizen of the Year Award. Harold also loved deep-sea fishing, traveling and spending time with his beloved grandchildren.

**Harold Hilliker's family and friends will celebrate his life on Sunday, August 16, 2009 at 4:00pm at the Lakeside Rodeo Grounds. If Harold touched your life, please join us to share your stories and joy. Please, celebrate his life with us.**

In lieu of flowers, the family suggests donations to the following organizations.

Danny Bensen Memorial Scholarship Fund  
 Po Box 2002  
 Alpine, CA 91903

Boys and Girls Club of East County  
 8820 Tamberly Way  
 Santee, CA 92071

# Lakeside Round Up of events

by **Patt Bixby**

During the past two weeks 120 volunteers (citizens and firefighters) have canvassed the Lakeside community leaving "Before the Threat" packets and DVD videos at homes in order to better prepare citizens for the next wild fire or disaster. The Lakeside Fire Protection District in cooperation with the San Diego County Fire Chiefs Association and Farmers Insurance Group provided the packets and DVDs.

Fire Chief Mark Baker said we only have four fire engines

staffed each day to protect 15,000 home and 65,000 residents, so we need resident's help to be prepared. It is important that citizens be able to be self-sufficient for up to 72 hours of a catastrophic event. It is not "if" but "when," and firefighters want citizens to be prepared.

Firefighter Bryan Peters was among the volunteers who walked the streets and roads of Lakeside. Peters area was Muth Valley. As he dropped off a packet at one home he met a man who told him how much he appreciated volun-

teers dropping off the property saving information. The man told Peters during the 2003 Cedar Fire, which ravished Muth Valley, a firefighter approached him and told him to leave everything including the animals he was leading and get out. "That firefighter saved my life." The man said. Firefighter Peters asked him if he had been with a blonde lady and the man answered yes. "That firefighter was me," Peters responded.

Fire Marshall Greg Schreiner said a story like this makes a project like "Before the Threat" so worthwhile. It's all worth it. What are the odds of a firefighter who saved a man's life be the one who returns to bring him survival information.

Anyone who did not receive a packet can go to the Lakeside Fire Protection District, 12365 Parkside, or call (619) 390-2350. If you would like to

volunteer for any upcoming projects contact Fire Protection District office. For other emergency Preparedness Info go to ReadySanDiego.org.

## Dates to remember

**Aug. 5 & 19-** Lakeside Planning Group Community Center 7 p.m.

**Aug 6, 13, 20, 27-** Lakeside Farmers Market 2 -6 pm Lindo Park.

**Aug. 9-** Sunday- El Capitan High School Vaqueros Marching Band and Color Guard fund raising car wash at the Pony Express Car wash, 9757 Winter Gardens Blvd. 8 a.m. to 6 p.m. donation \$9. All proceeds benefit the band.

**Aug. 9-** Lakeside Historical Society Yard Sale

**Aug 12-** Design Review Board Meeting, Lakeside Community Center 7 p.m.

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## — LOCAL NEWS &amp; EVENTS —



# El Cajon City Highlights

by **Monica Zech**  
City of El Cajon Public  
Information Officer

## Major parking lot changes at City Hall

As of Monday, Aug. 3 the existing City Hall parking lot along Civic Center Way has been closed for the construction of the Public Safety Center (PSC)—a two-year project. A new temporary parking lot was built along Rea Avenue for the public to use when visiting City Hall, Council Chambers or the East County Performing Arts Center.

If you plan to visit the East County Regional Center and Superior Court, parking is available at 250 East Main Street, with overflow parking available in the parking lot located south of Wells Avenue and east of Magnolia Avenue near Rubios. Please do not park in the area near Motoworld, or in any parking area that reads "Permit Parking"—you could be cited and/or towed. See a map of the parking changes on the City's website at [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) under "What's New." Please make note of these important changes. For regular construction updates and traffic impacts, call the Public Safety Center Project Hotline number at (619) 441-5524.

## You're invited to a very special birthday party

Stoney's Kids is putting another candle on their birthday cake to celebrate East County youth on Thursday, Aug. 27. The event will be held at Sycuan Resort, formerly Singing Hills Golf Course, on the lawn from 5:30 to 7:30 p.m. This all-volunteer, non-profit organization has raised over \$650,000 since 1991 to fund projects that support our youth right here in East County. Over 98 percent of donated funds go directly to youth programs. Stoney's Kids has supported everything

from structured youth sports and after school programs to scholarships for 6<sup>th</sup> grade camp, recreation programs, juvenile diversion programs, a READ intervention program, toy drives, and youth health and wellness programs. The community is invited to partner with Stoney's Kids in this fund raising effort by attending this annual BIRTHDAY PARTY. This event is free - no gifts or entry fee are required, just good old cash, checks or credit cards for the fantastic raffle prizes! Your support makes a difference, so please find a way to participate. As founder, Stoney Stone says, "It's all about the kids!" For more information please call Lauri Riley, President, Stoney's Kids, at (619) 593-1394.

## Donations may be mailed directly to:

Stoney's Kids  
C/O California Bank & Trust  
5500 Grossmont Center Dr,  
Suite 408  
La Mesa, CA 91942

## The next Community Forum

Residents and businesses are welcome to come to one or more of the El Cajon Police Department's Community Neighborhood Forums being held toward the end of August. These meetings have been very well received in the past. Due to the overwhelming public interest, four forums have been scheduled starting August 24 covering all sectors in the City. This is an excellent opportunity for residents to ask Police and other City department representatives their questions, or to voice any concerns they may have about their neighborhood. Topics addressed at previous forums have been traffic, graffiti, and gangs, while others came to say "thank you" for a job well done.

## Police Community Forums are scheduled for the following sectors:

Sector 10 - Monday, Aug. 24 - 6 - 7:30 p.m. at Channel

12/25, 172 East Main Street.

Sector 8/6 - (combined sector meeting), Tuesday, Aug. 25 - 6 - 7:30 p.m. at Renette Center, 935 Emerald Avenue.

Sector 7 - Wednesday, Aug. 26 - 6 - 7:30 p.m. at Bostonia Elementary, 1390 Broadway.

Sector 9 - Thursday, Aug. 27 - 6 - 7:30 p.m. at Meridian Elementary, 651 S Third Avenue.

If you are wondering what sector of El Cajon you live in, see the sector map at [www.elcajonneighbors.org](http://www.elcajonneighbors.org) website and go to "What is my sector". For more information please contact Lt. Jim Redman at (619) 579-3364.

## The Heroes at "Concerts on the Green" Friday

Enjoy the Heroes playing a variety of music, Friday, Aug. 7, at El Cajon's Concerts on the Green. This free weekly summer concert series features live music for all ages from 6 to 8 p.m. on the Prescott Promenade in Downtown El Cajon. In addition, the Singing Hills and El Cajon Valley Lions Clubs will present the Eye Center van offering free vision tests, glaucoma testing, diabetes and blood pressure checks on the Prescott Promenade from 5 to 8 p.m. Your donations of old and unused eyeglasses are also welcome. Concerts on the Green is sponsored by Sycuan Resort and Casino and presented by the El Cajon Community Development Corporation. For more information, call the El Cajon CDC at (619) 401-8858.

## Smoke testing continues through August 28

On July 29 smoke testing began on City sewers and manholes in the City of El Cajon. The City contracted with ADS Environmental Services to perform physical inspection and smoke testing within the sanitary sewer system in and around our neighborhoods. The smoke is used to find

defects or cracks in the sewer line, which reduces sewage treatment costs by eliminating rain infiltration and protecting the environment. If there is a defect, smoke will exit the pipe through these breaks and make its way to the surface where it can be observed and documented by ADS field crews. A reminder: on occasion, smoke could enter a home or business through defective plumbing or dry drain traps. If this happens, notify the crews that are working in the immediate area. The smoke is designed to last just a few minutes and will disappear once windows and doors are opened. The smoke used is not harmful or toxic, it does not stain, and it will not harm your pets. For more detailed information visit [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) and Quick Links for Smoke Testing Information, or call ADS at (858) 571-0045. You can also call our Public Works department at (619) 441-1510.

## Jamacha Road Pipeline Project update

The Jamacha Road Pipeline project is well underway. The project is located within the City of El Cajon and the unincorporated community of Rancho San Diego in the County of San Diego. Potholing work is now taking place along the route. Potholing is the practice of digging a test hole to expose underground utilities to verify the utilities' horizontal and vertical locations. Potholing to verify utilities saves time and money, and minimizes the risk for costly utility outages or service disruption. Potholing will continue through August. This work will take place within the public right-of-way at various locations along the alignment. The project involves installing approximately 5.1-miles of 36-inch steel pipe to transport drinking water. This pipeline will connect Flow Control Facility No. 14 located at the intersection of Lexington and Third Street in El Cajon to the Otay Water District's Regulatory Reservoir

Complex in Rancho San Diego. The pipeline's route travels south along Third Street and on to Dumar Avenue, Waterloo Avenue, Gustavo Street, Jamacha Road, Brabham Street, Via Rancho San Diego, Fury Lane, and along the southeasterly boundary of Cuyamaca Community College, where it will connect to the existing Regulatory Reservoir Complex. Once completed, the Jamacha Pipeline will deliver up to 16 million gallons per day. Motorists can expect traffic control and possible delays through the fall of 2010.

For more information call (619) 670-2552 or visit their website for updates at [www.jamachapipeline.com](http://www.jamachapipeline.com).

Keep me informed of your community events by placing me on your mailing or e-mail list. If you have an event in the City of El Cajon that you would like to share, please contact Monica Zech, Public Information Officer for the City of El Cajon, via e-mail at [mzech@ci.el-cajon.ca.us](mailto:mzech@ci.el-cajon.ca.us), or send to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020.

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## Alpine happenings ...

### Historical Society Pot Luck Luncheon

The Alpine Historical Society invites the community to their Pot Luck Luncheon and to hear award winning local journalist Jack Innis. Bring whatever dish you like. The luncheon will be held at the Alpine Woman's Club, 2156 Alpine Blvd on Sunday, Aug. 16. Lunch starts at 1 p.m. and speaker begins at 2 p.m. This is a great time to meet new and interesting people and to hear all about Mr. Innis's book, San Diego Legends."

Jack Innis has made an extensive study of the wonderful and often-times quirky history

of San Diego. His book brings together for the first time the extraordinary accounts of famous and infamous people, places, and events in San Diego's past. He has the stories behind the news stories. Innis is a long-time surfer, fisherman, and boating enthusiast, he is the local media relations representative of the International Game Fish Association and formerly editor of the San Diego Log.

For further information call Carol Morrison (619) 445-2544.

### CPR Class

Would you know how to respond if your child stopped breathing? Set up a neighbor-

hood CPR class with Save-A-Heart "The CPR Pros". Call (619) 445-4569.

### Family BBQ

Saturday, Aug. 8, 10 a.m. - 2 p.m. Family Country BBQ at the Alpine Community Center Park, 1830 Alpine Blvd. Sponsorship Booths Available. Great food, Great Games. For more information, call the Alpine Community Center at (619) 445-7330.

### Sunset Wine Tasting

Saturday, Aug. 22, 5:30 - 8 p.m. Lions Tigers & Bears presents "Sunset Wine Tasting '09". Call to RSVP at (619) 659-8078.

### 'Pageant of the Masters'

August 26 join the Alpine Soptimists for "The Pageant of the Masters: The Muse" Living pictures - incredibly faithful art recreations of classical and contemporary works with real people posing to look like the art.

### Ice Cream Social

Friday, Aug. 28, 6 p.m. Ice Cream Social at Christ the King Episcopal Church. For more information call 619-445-3419.

For more information about these events, visit [www.alpinechamber.com](http://www.alpinechamber.com)



*Fabulous Anniversary  
Weekend Celebration*

Golden Acorn Casino is planning a fabulous 8<sup>th</sup> anniversary weekend celebration at the Casino on Friday, August 14, Saturday, August 15, and Sunday, August 16!

Beginning Friday, August 14<sup>th</sup>, at noon and lasting until 7:00 pm, we will be holding another Fair - Farmer's Market on the north parking lot.

The Fair will last three days, Friday, Saturday, and Sunday and the charge will be \$35.00 for all three days.

Kiddie Carnival rides will be offered at the same location.

Also on the 14<sup>th</sup>, we will have Comedy Night in the Casino, beginning at 8:00pm, featuring several new and exciting comedy acts.

Saturday, the 15<sup>th</sup>, the Fair - Farmer's Market will continue, beginning at 9:00am and lasting until 7:00 pm with fireworks beginning at 9:00pm.

We will also have bands playing in the Casino. Carnival rides continue.

Sunday, August 16<sup>th</sup> will feature another band in the Casino and the last day of the Fair-Farmer's Market and the carnival rides.

If you wish to become a vendor at the Fair, please call Diana Shea at 619-938-6018 and request a packet.

We will be delighted to have you share in the festivities as we celebrate our 8<sup>th</sup> year in the great Campo community.

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**2009 Season Schedule:**

August 12 .....	Funny Car Frenzy
August 19 .....	Charger Steve's Starz Carz
August 26 .....	Revisit the Horseless Carriage
September 2 .....	British Invasion
September 9 .....	Keep on Truckin'
September 16 .....	Woody-Surf's Up!
September 23 .....	Thunder on Main
September 30 .....	Closing Night
October 28 .....	Trunk or Treat
December 9 .....	Parade of Lights



El Cajon CDC's Best of Show Winner: Ray Dowd and his 1927 T Touring Ford

East County Gazette's Motorcycle Winner: Nelson Smith and his 2009 Custom Bobbe

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Sycuan Casino's Winner: Jack Neely and his 1930 Ford Model A Truck

RE Enterprises' Winner: Ron Griffin and is 1964 Olds Corsair

El Cajon CDC's Winner: David Teel and his Ford 8-Door Van

Navy Dispatch Newspaper's Winner: Jeff Mattazaro and his 1956 Chevy Pickup

El Cajon CDC's Winner: Peter Caccamise and his 1968 SS Camaro Convertible

Toyota of El Cajon's Winner: Don Timm and his 1948 Packard Teardrop

El Cajon CDC's Winner: Gary and Bonnie Dines and their 1927 Ford Model T

El Cajon CDC's Winner: Cindy Keetch and her 1962 Pontiac Bonneville

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# For Health's Sake

## President says 'VA healthcare will not be endangered'

**P**romise made during private meeting with National Commander of The American Legion

President Barack Obama, meeting privately with the leader of the nation's largest veterans service organization this morning, pledged to keep the medical care system administered by the Department of Veterans Affairs essentially as is – quelling fears that VA healthcare would be absorbed into a national health care system.

"I got his very strong assurance the VA as our veterans know it will continue to exist," said National Commander David K. Rehbein. "It will not be diluted or folded into some sort of national system and that the folks who go to the VA...that will be considered their insurance, so any insurance requirements (will be met) simply by being enrolled in the VA."

Another topic discussed during the one-on-one meeting in the Oval Office was Medicare reimbursement to the VA; a proposal long championed by The American Legion.

This proposed practice would require Medicare to pay for care provided at Department VA medical facilities to Medicare beneficiaries – that is, eligible veterans over the age of 65 with non-service related injuries, illnesses and conditions. Currently, Medicare is precluded by statute from doing this.

"Medicare reimbursement to VA would be a boon to veterans in that it would encourage them to take advantage of what we consider the best care anywhere," said the Commander. It would also generate much-needed revenue for the VA." Prompted by Legion leadership, such a proposal is being advanced in Congress by U.S. Representative Bob Filner (D-CA), Chairman of the House Committee on Veterans Affairs.

President Obama and Commander Rehbein also discussed the positive effects that the enhanced educational benefits contained within the newly enacted and American Legion-pioneered Post 9/11 GI Bill will have on the veterans community and the nation as a whole.

The vexing problem of a dramatically growing backlog of VA benefits claims was also considered by the two. Rehbein said he feels the President "fully appreciates" its gravity and will do what he can to aid in its solution.

Commander Rehbein, obviously pleased with the meeting's outcome, characterized the 25-minute White House chat as "very friendly...conversational in style" in which "is-

sues were discussed rather than positions being presented."

With a current membership of 2.5 million wartime veterans, The American Legion was founded in 1919 on the four pillars of a strong national security, veterans affairs, Americanism, and the mentoring of youth. Legionnaires work for the betterment of their communities through more than 14,000 posts across the nation.

## Health bits, education and screenings

### Senior Programs

**S**harp Grossmont Hospital's Senior Resource Center offers free or low-cost educational programs and health screenings each month. The Senior Resource Center also provides information and assistance for health information and community resources. For more information, call (619) 740-4214.

### Project C.A.R.E. Community Action to Reach the Elderly

Do you know someone who lives alone and would like a daily call to check on them? Project C.A.R.E. is a community effort enabling people who live alone to feel safe in remaining at home. Services include a daily computerized telephone call, Vial of Life, friendly visit from the Senior Volunteer Patrol and more. Call (619) 740-4214 for details.

### Free Seminar: Hip Pain and Surgery Options – August 17

The Sharp Grossmont Hospital Orthopedic Program offers minimally invasive surgeries that offer smaller incisions, less pain and faster recovery. In this seminar, an orthopedic surgeon discusses options for

patients with hip pain, including hip replacement or hip resurfacing procedures which help diminish pain and improve quality of life.

Takes place on Monday, Aug. 17, from 5:30 to 7 p.m. at the Grossmont Healthcare District Center, 9001 Wakarusa Street, La Mesa 91942.

Free to the public. Seating is limited – please register at 1-800-82 SHARP (1-800-827-4277), or visit [www.sharp.com/grossmont](http://www.sharp.com/grossmont).

### Caregiver Conference Finding Balance in the Art of Caregiving

Are you caring for a family member, friend or neighbor? Attend this free conference offered by the San Diego Caregiver Coalition. Topics include emotional, physical, legal and spiritual aspects of caregiving, wise use of medications, communication tips, disaster planning & much more. Learn about community resources, support groups and other assistance available to those who assist a family member or friend. Free lunch and free respite is provided. Thursday Aug. 20 from 9 a.m. – 2:30 p.m. Registration at 8:30 a.m. La Mesa Community Center, 4975 Memorial Dr., La Mesa. Registration required. Call 1-800-827-1008.

## Are you having trouble sleeping

by Judy Callihan Warfield



**A**lack of sleep not only leaves you tired but it also is a factor in weight management, stress management, motivation and confidence, and suppression of the immune system.

Many people take over the counter sleep medications,

which may knock you out for the night but still don't allow the body to reach that deep level of REM sleep which is necessary for recuperation, re-energizing, healing, and that sense of renewal. Perhaps you wake in the middle of the night with negative thoughts? During these difficult times it may sometimes seem impossible to get that good seven to eight hours of restful sleep.

Hypnotherapy provides a fast, effective, and drug free method to improve your sleep habit. Many people do not realize that sleep is a habit. Perhaps your current sleep habit needs some improvement. Hypnotherapy is a great way to change habits. It truly addresses your habits where they reside which is in the subconscious realm.

By establishing a new habit of sleeping soundly thru the night; by being back in control of your stress level; by reinforcing your ability to control your thoughts; you will be able to move forward with energy and stamina.

Judy Callihan Warfield is President of Success Hypnotherapy, Inc. located 4730 Palm Ave. #205, La Mesa, Ca. 91941 and can be reached by calling her office 619-303-8511 or email [judy@successhypnotherapy.com](mailto:judy@successhypnotherapy.com). Further info is on the web site of [www.successhypnotherapy.com](http://www.successhypnotherapy.com) or call for free phone consultation.

## Laughter is the Best Medicine

### ABC's — two generations

**T**his is a true story of two generations learning the ABC's. Twenty six years ago, little 'B' was learning her ABC's. When she got to the W she could not pronounce it. Her mother said "Double U" to which the youngster replied "DOUBLE ME?"

Twenty 28 years later, little B now has a little boy of her own. Her boy was sitting at the dinner table trying to sing his ABC's, missing a letter here and there and continuing on with his song.

His daddy cuts in to help him out with his missing letters. The three year old yells, "I know Dad!"

His dad replies, "Well son, I know my ABC's."

The boy replies back, "You don't know MY ABC's!"

One wonders what his child will come up with when learning the ABCs.

Have a funny joke to share with East County residents: e-mail to: [editor@ecgazette.com](mailto:editor@ecgazette.com) or mail to: Gazette, P.O. Box 697, El Cajon, CA 92020



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# Business/Finance & Real Estate

## Viejas Casino named "Best Casino" 10 years in a row

**V**iejas Casino (<http://www.viejas.com>) has been named the "Best Casino" for the 10<sup>th</sup> year in a row. Viejas also picked up awards for "Best Casino Dining," "Best Live Music Venue" (for Concerts-in-the-Park), "Best Steakhouse" (for The Grove Steakhouse), "Best Dance Club/Entertainment" (for the DreamCatcher Lounge).

The highly-coveted honors were announced this week as part of the 2009 Best of San Diego Reader's Poll.

"Being recognized by our guests as San Diego's best in five categories is a great honor," said Viejas Tribal Chairman Bobby L. Barrett. "And being voted San Diego's Best Casino ten years in a row is truly an accomplishment. This ultimately reflects the hard work and dedication of our team members, who continually strive to improve the experience for our guests, providing

them with the best destination in all of Southern California for entertainment, food and fun year after year."

The architectural design of Viejas Casino acknowledges its Native American origins and takes inspiration from Kumeyaay culture. Inside the casino, guests enjoy thousands of slot machines; over 80 table games such as \$1 and \$2 Blackjack, no-commission EZ Baccarat and Pai Gow; a Poker Room; an off-track betting facility; bingo hall; and six restaurants including the delicious Harvest Buffet. Viejas comes alive with live entertainment at three concert venues: the V Lounge, DreamCatcher and Concerts in the Park, featuring local, regional and national acts.

The Readers Pole voted the best that San Diego County has to offer in 78 separate categories.

"We are very grateful to our guests, team members and

the Viejas tribal community for providing such a diverse entertainment product offering," said CEO Lyn Baxter. "Whether you want to spend a relaxing day shopping with the family or a fun night out with friends, Viejas has it all in one location that's an easy drive from anywhere in Southern California. We are always looking for ways to make our guests' experience better. Being chosen as San Diego's "Best Casino" for ten years in a row is a tremendous compliment."

Viejas Casino is located directly off I-8 on Willows Road, just 35 miles east of San Diego. For more information, visit [www.viejas.com](http://www.viejas.com) or call 1-800-847-6537. Located directly across from Viejas Casino, Viejas Outlet Center features 255,000 square feet of shopping space and is home to more than 60 of America's favorite brand name stores and eateries. For more information on Viejas Outlet Center, visit [www.viejasoutletcenter.com](http://www.viejasoutletcenter.com) or call (619) 659-2070.



## Ronald McDonald House receives beef donation — Viejas Chef Arnold to host cookout for families with sick children

**M**ore than 100 families with sick children will enjoy a sumptuous beef dinner from a Viejas-donated steer on Tuesday, Aug. 18. The event will be at the new Ronald McDonald House in San Diego (RMHSD) courtesy of Viejas Chef Arnold and the Viejas Band of Kumeyaay Indians.

Viejas recently donated over 700 pounds of meat to commemorate the grand opening of the new RMHSD. The Viejas donation was made possible through the Junior Livestock Auction held at the Eastern San Diego County Junior Fair earlier this year. Viejas was the highest bidder of \$2,252 for a 1,126 pound steer. Viejas chose to donate the meat to the Ronald McDonald House, which will provide over 750 pounds of meat and will feed roughly 400 family members with sick children staying at RMH with roasts and hamburger.

Proceeds from the livestock auction help local students in the 4-H and Future Farmers of America programs fund projects and college expenses.

Chef Arnold's dinner menu will include beef enchiladas, beef barbecue tacos, beef fajitas, black beans, rice, tortillas, green & fruit salad, flan and beverages. The dinner will be served to families staying at the new House and also families using the new Family Care Center. Unique to San Diego, the Family Care Center provides a refuge during the day for anyone with a sick child in an area hospital. The Center offers dining services, a computer lab, arts and crafts room, exercise room, children's play room, teen center, play yard, faith room, outdoor play areas, laundry, day napping rooms and shower facilities and even a beauty salon.

"We are grateful to Chef Arnold and Viejas for their tremendous generosity to these families as they go through some of the most difficult challenges of their lives," said Bill Lennartz, president and chief executive officer of RMHSD.

"Providing for the families in our community that may need an extra helping hand, especially during a tough time,

has always been a high priority for the Viejas Tribe," said Viejas Tribal Chairman Bobby L. Barrett. "Being able to provide food for these children and their families is just one way we have worked with the Ronald McDonald House, and we are honored to continue that commitment."

In addition to this latest donation, Viejas has a long standing commitment to supporting the Ronald McDonald House on a regular basis. Viejas has provided food for the House for a variety of special occasions, like the Red Shoe Ball. Once per quarter, Chef Arnold and Viejas staff volunteer their time and food to prepare and serve delicious meals for those staying at the house.

The newly built Ronald McDonald House is located directly across from Rady Children's Hospital at 2929 Children's Way. The new house is four times the size of the previous house, equipped with 47 bedrooms, compared to the 12 of the other home. The new house is expected to help 20,000 families each year.

### CREST/DEHESA/GRANITE HILLS/HARBISON CANYON SUBREGIONAL PLANNING GROUP P. O. Box 21489, El Cajon, CA 92021-1489 [www.crestplanning.org](http://www.crestplanning.org)

#### PLANNING GROUP MEETING PRELIMINARY AGENDA/PUBLIC NOTICE

DATE: 7 pm., August 10, 2009

PLACE: Dehesa Volunteer Fire Station, 5425 Dehesa Road, El Cajon

1. Call to order/Pledge of Allegiance/Roll call/Approval of July 13, 2009 meeting minutes/Expense Reimbursement requests.
2. Announcements.
3. Open forum followed by Group Forum: An opportunity for members of the public/Planning Group to speak on items within the jurisdiction of the Planning Group but not on the agenda. Time limit 3 minutes; no discussion, no vote.
4. Committee Reports:
5. (a) 2020 General Plan Steering Committee and Interest Group update (Manning)(Vandover).
6. Private project proposal:
  - (a) None.
7. Public Project Proposal:
  - (a) Planning Area Community Plan. (2020 General Plan Update).
  - (b) San Diego County Draft General Plan Revised July 1, 2009.
  - (c) Proposed Zoning Ordinance (Krickhahn).
  - (d) PLDO List.
8. Unfinished Business
  - (a) Sycuan's Application to put approximately 2000 acres in Trust.
  - (b) Discussion of proposed meeting with Supervisor Jacob regarding co-mingling of Sycuan and Dehesa fire stations.
9. New Business:
  - (a) None
10. Adjournment

#### Planning Group Members:

Crest:	1. Janet Dillard	2. Pat Ulm	3. Ralph Slagill	4. Judy Bowen
Dehesa:	5. Lorraine Walls	6. Herb Krickhahn	7. Wally Riggs	8. Bill Bretz
Harbison Canyon	9. Mary Manning	10. Jack Vandover	11. Jason Harris	12. Jeff Myrick
Granite Hills	13. Phil Hertel	14. Vacant	15. Mark Gabler	

Final agenda will be posted at the Dehesa Volunteer Fire Station 72 hours prior to meeting.

Chairman  
Wally Riggs  
(619) 442-4612  
[wrplanning@aol.com](mailto:wrplanning@aol.com)

Vice-chairman  
Jason Harris  
(619) 659-9675  
[jharris91901@yahoo.com](mailto:jharris91901@yahoo.com)







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NOTICE OF PETITION TO ADMINISTER ESTATE OF BRUCE FRED VANCE. CASE NUMBER: 37-2009-00151794-PR-PL-CTL To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of BRUCE FRED VANCE. A PETITION FOR PROBATE has been filed by JO ANN SUPPES in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that JO ANN SUPPES be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING ON THE PETITION WILL BE HELD IN THIS COURT AS FOLLOWS: AUGUST 11, 2009 AT 9:00 A.M. IN DEPT. PC-2 LOCATED AT 1409 FOURTH AVE., SAN DIEGO, CA 92101 Probate Division. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: Beverly Keller-Haines, The Law Office of Beverly Keller-Haines 7800 University Avenue, Suite A-2, La Mesa, CA 91941 (619) 462-8123

EAST COUNTY GAZETTE—GIE030790  
JULY 23, 30, Aug. 6, 13, 2009

#### ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00067690-CU-PT-EC IN THE MATTER OF THE APPLICATION OF: DERICK T. LONDON ON BEHALF OF MINOR DRE'SHAUN TERRELL THOMAS FOR CHANGE OF NAME PETITIONER: DERICK T. LONDON ON BEHALF OF MINOR DRE'SHAUN TERRELL THOMAS HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

DRE'SHAUN TERRELL THOMAS  
TO:

DRE'SHAUN TERRELL LONDON

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, East County Division, 250 E. Main St., El Cajon, CA 92020. Department 14, on August 26, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted.

IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON JULY 06, 2009.

East County Gazette—GIE030790  
7/16, 7/23, 7/30, 8/06, 2009

NOTICE OF TRUSTEES SALE: TS No. 09-04-533 Title Order No. 3206213606 APN No. 489-140-86-00. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 06/12/06. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 08/20/09 at 10:00 A.M., Lender's Foreclosure Services as the duly appointed Trustee under and pursuant to Deed of Trust, recorded on 07/07/06 as Document No. 2006-0481023 Book XX, Page XX of Official Records in the Office of the Recorder of SAN DIEGO County, California, executed by: JACOB NORTH FIRST LLC, A CALIFORNIA LIMITED LIABILITY COMPANY PREFERRED BANK, as Trustor WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, business in this state). At: EAST COUNTY REGIONAL CENTER, BY STATUE, 250 E. MAIN STREET, EL CAJON, CA all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: Parcel 1: The Northerly 72.00 feet of the Southerly One-Half of the Northerly 264.00 Feet of Lot 1 in block 9 of resurvey of plate of tract No. 1, being in the southwest portion of the "S" tract of Rancho El Cajon, in the city of El Cajon, County of San Diego, State of California, according to map thereof No. 355, filed in the office of the county recorder of San Diego County, July 24, 1886. Also that portion of the Easterly 12.00 feet of 1st Street, now vacated and closed to public use, which adjoins said property on the West. Excepting therefrom the Easterly 150 feet thereof, the Westerly line of said easterly 150 feet being parallel with the Easterly line of Said Lot 1. Parcel 2: The Southerly 60 feet of all those portions of Lot 1 in block 9 of the resurvey and plat of tract No. 1, being in the Southwest portion of the "S" Tract of Rancho El Cajon, in the city of El Cajon, County of San Diego, State of California, according to map thereof No. 355, filed in the office of the county recorder of San Diego County, July 24, 1886, described in the city of El Cajon resolution 445-74, recorded September 10, 1974, as instrument N O, 74243881, of official records of the county of San Diego, described as follows: That portion described in quitclaim deed to the city of El Cajon, recorded November 15, 1957 in book 6834, Page 413, of official records, set out as follows: commencing at the Northeasterly corner of Lot 1 in said block 9; Thence southerly along the Easterly line of said Lot 1, A distance of 264 feet; Thence Westerly along A line parallel with and 264 feet Southerly from the Northerly line of said Lot 1, A distance of 150 feet to the point of beginning; Thence North 02 49' 45" West, A distance of 132.15 feet to A line which is parallel with and 132 feet Southerly from said Northerly line of said lot 1; Thence westerly along said Parallel Line, A Distance of 20 feet; Thence South 02 49' 45" East, A Distance of

132.15 feet to said line parallel with and distant 264 feet southerly therefrom said Northerly line of said Lot 1: Thence Easterly along said parallel, line to the true point of beginning. Also that portion described in Quitclaim deed to the City of El Cajon, recorded November 15, 1957, in book 6834, page 408, of Official records, set out as follows: Beginning at the Southwest corner of the Easterly 150 feet of the Southerly 132 feet of the Northerly 264 feet of said Lot 1; Thence Northerly along A line parallel with and 150 feet Westerly from the easterly line of said Lot 1, A distance of 132 feet to the Northwest corner of said Easterly 150 feet to the Southerly 132 feet of the Northerly 254 feet of said Lot 1; Thence westerly along a line parallel with and 132 Southerly from he northerly line of said Lot 1, A distance of 6.70 feet to the Northeasterly corner of that portion of said Lot 1 described in deed tot the City of El Cajon, recorded June 21, 1957, in Book 6631, Page 524 of Official Records; Thence South 02 49' 45" East, along the Easterly line of said Land, A distance of 132.15 feet to the point of beginning. The above two parcels are now known as Lot 1 of North First Townhomes, in the City of El Cajon, county of San Diego, State of California, according to map thereof No. 15636 filed in the office of the County Recorder of San Diego County on October 29, 2007. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 469 N. 1st Street, El Cajon, CA 92021. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrance, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the trustee and of the trusts created by said Deed of Trust, to-wit: \$1,347,536.82 Estimated. Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation.

Dated: July 24, 2009

LENDER'S FORECLOSURE SERVICES  
AS Trustee

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Sylvia L. Ramos, Senior T.S.O.  
East County Gazette- GIE030790  
7/30, 8/06, 8/13, 2009

**To place your  
legal ad, call  
(619) 444-5774**

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-020388

FICTITIOUS BUSINESS NAME(S): a.) Summit Real Estate Services b.) Summit Real Estate  
Located at: 2219 Cecelia Terrace, San Diego, CA 92110  
This business is conducted by: A Corporation  
The first day of business was: January 27, 2007  
This business is hereby registered by the following: 1. Goforth Capital Group, Inc 2219 Cecelia Terrace, San Diego, CA 92110  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 14, 2009.  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-020734

FICTITIOUS BUSINESS NAME(S): Sealine Cab  
Located at: 9809 Settle Rd., Santee, CA 92071  
This business is conducted by: General Partnership  
The first day of business was: April 20, 1992  
This business is hereby registered by the following: 1. Aram Hamesalh 9809 Settle Rd., Santee, CA 92071 2. Rokhosh Hamesalh 9809 Settle Rd., Santee, CA 92071  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 16, 2009  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-021816

FICTITIOUS BUSINESS NAME(S): a.) SEO Sales Force b.) Online Sales Direct  
Located at: 1573 Summerdawn Pl., Encinitas, CA 92024  
This business is conducted by: A Corporation  
The business has not yet started.  
This business is hereby registered by the following: 1. HW Limited Inc., 1573 Summerdawn Pl., Encinitas, CA 92024  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 28, 2009  
East County Gazette- GIE030790  
8/06, 8/13, 8/20, 8/27, 2008

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-021771

FICTITIOUS BUSINESS NAME(S): San Diego Engine Balancing  
Located at: 10734 Kenney St. #E, Santee, CA 92071  
This business is conducted by: Husband and Wife  
The first day of business was: January 2, 2009  
This business is hereby registered by the following: 1. David J. Arce 8726 Granite House Lane, Santee, CA 92071; 2. Sandra Y. Arce 8726 Granite House Lane, Santee, CA 92071  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 28, 2009  
East County Gazette- GIE030790  
8/06, 8/13, 8/20, 8/27, 2008

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-020468

FICTITIOUS BUSINESS NAME(S): Phoenix Promotional Products  
Located at: 12233 Higgins Terrace, Lakeside, CA 92040  
This business is conducted by: Husband and Wife  
The business has not yet started.  
This business is hereby registered by the following: 1. Andrea C. Hunter 12233 Higgins Terrace, Lakeside, CA 92040  
2. Christopher M. Smith 12233 Higgins Terrace, Lakeside, CA 92040  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 14, 2009.  
East County Gazette- GIE030790  
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**More legals page 14**

## Ask Dr. Luauna Stines



**Dear Dr. Luauna,** I just turned 15-years-old and I have a boyfriend who is almost 16. We have been dating for seven months. He told me that he loves me and if I loved him I would have sex with him, he wants to be my first. I am really struggling with this decision because my friends all do it, what should I do? Signed, Struggling in Santee, CA.

**Dear Struggling,**

You are very young, and I am sure this will not be your last boyfriend. If he really loved you, he would not demand you to have sex. He is being very selfish. Having sex does not prove your love. There are many teens that have violated God's principle and had sex before marriage. They have reaped a terrible consequence, unwanted pregnancy, sexually transmitted disease, and some have even contracted AIDS – HIV, and I do not want leave out the shame you will carry. Sex outside of marriage is not God's will.

Some even say, "If you are going to have sex, have SAFE sex, there is no such thing as SAFE sex! God's plan it is perfect, God's plan always works, sex in marriage is beautiful, wait until that very special man comes into your life, who is willing to place a ring on your finger, willing to respect, care and truly love you. I wonder how many other young girls this boyfriend of yours told. "HE LOVED them to only STEAL their PURITY." If someone really loves you, they will respect and cherish you. Pray dear one, Jesus will give you the strength to stand strong. One day, you will look your TRUE love in the eyes on your wedding night, and you will be able to tell him how you saved yourself just for him. I have a beautiful daughter who is also single; I have shared with her, "Don't settle for a hotdog, when God has a steak," God has the best plan so DO NOT GIVE IN...! Read these verses: I Corinthians 7:1-2 I Corinthians 6:9-11

Submit questions to: [questions@drluauna.com](mailto:questions@drluauna.com)

Watch Dr. Luauna Stines Television Program in San Diego County, Cox Cable, Every Tuesday at 9 pm, Channel 18 & 23. (760) 780-6207 [www.drluauna.com](http://www.drluauna.com)

[www.atouchfromabove.org](http://www.atouchfromabove.org) [www.amothersstory-thebook.com](http://www.amothersstory-thebook.com)

Dr. Luauna is an Evangelist. Following is a list of her ministry activities:

- **Television:** A weekly public access program airing from San Diego across to the east in Atlanta, GA.

- **Radio:** A daily international program in the Philippines, the area is a Muslim stronghold (Mindanao)

- **Mission America:** Preaching in our Revival Tent, Stadiums, Conference Centers and Hotels in every town and city across the United States, our homeland is our mission field.

- **Mission Africa:** We have a branch office and church in Malawi, Africa. Dr. Luauna trained a Malawian National as our Operations Director. We will also build a Bible University, there as well.

- **Christian University & Seminary:** In January 2009, A Touch From Above University & Seminary became fully accredited as a full gospel University to train up men and women to help us reach the world for Jesus.

- **Prayer Mountain & Local Church Services:** Sunday 8:30 a.m. and 10:30 a.m., 16145 Highway 67, Ramona, CA 92065







# Our Best Friends

## Chill out Fido ... ask a trainer

by Nan Arthur,  
CDBC, CPDT, KPACTP

Dear Trainer,

I'm reading your book, *Chill Out Fido! How to Calm your Dog*, (which I love) and you talk a lot about stress in there. I can't convince my mother to buy your book, even though she has a Jack Russell Terrier that is very stressed and has a hard time settling down. Her dog jumps on everyone, barks all the time and she often has digestive problems. My mother just thinks her dog is trying to make her crazy, and she thinks she does these things to make her angry. I thought that if you could talk about stress in your column, I could give it to my mom and maybe convince her to get your book. Signed, Thinking of my Mom's Dog

Dear Thinking,

Thank you so much for buying my book and for caring about your mom's dog. Most people that have stressed dogs in their homes love the energy, but hate the repercussions of all that arousal! You mother's dog is one of the breed types that fits in the high energy category, and so that makes things that much more difficult when the humans don't understand that arousal and high energy can do more harm than good.

Many of these wild behaviors are often labeled "impulse control" issues or even impulse aggression, but it's really not that simple. So what is really going on?

The answer often lies in the stress paradigm and not some outrageous plot by your mother's dog to take over the household by way of trying to make her crazy by annoying everyone.

On the surface, it appears as though many dogs "have it made." Countless canines have comfy homes, fancy beds, lots of human attention, are waited upon with bowls of kibble at designated meal times, walked, fluffed, and pampered beyond the imagination of many humans, which is why it is difficult to understand what a dog might have to be stressed about.

Fortunately, stress is being studied in greater depth for both humans and dogs alike. Science is learning more and more about how stress (mutually, good and bad) is affecting the animal community, (both 2-legged and four), and behavior trainers are beginning to understand that much of the previously identified impulse control behaviors might actually be stress related behaviors.

### What is stress?

Stress comes in two forms; good stress, like when your heart feels all flutter at the thought of seeing a new boyfriend or girlfriend, and bad stress that is brought on by fear, worry, overly-aroused states, or anger. Either way, the sympathetic nervous system releases adrenaline and other chemicals into the bloodstream, which then forces many important organs in the body into high gear. This rush of chemicals forces the heart, lungs and blood pressure to "stand on the gas," so to speak. This flood of chemicals is often referred to as the Limbic System. When the Limbic System gets going, other things start to shut down. Digestion is slowed or inhibited, the immune system is depressed, and even growth, as in a puppy, can be stymied to conserve energy just in case one needs to flee, freeze or fight!

Even in play, this process

is taking place and is seen routinely at dog parks all over America as the anticipation raises (along with the adrenaline) with each step a dog takes closer to the park. The adrenaline is literally thick around dog parks and other communal dog gathering areas. This can be both good and bad stress, but either way, it is an interesting observation.

Of course, the Limbic System was never intended to keep running for days on end; it was designed for animals to protect themselves or to flee from danger, then move on from there. This is not always an option when dogs are confined by leashes, doors and fences, nor when the same stressors keep presenting themselves, day-after-day, such as the "scary" mail carrier.

The upside to these big chemical advances in the body is, if needed, a dog could run away faster, put more energy into ritual display behaviors to convince a fellow dog (or human) that he is tough, (or not), play really hard, or have the energy to put up a grand fight if needed.

The downside to all those chemicals is that constant adrenaline rushes brought on during times of stress can deplete the body of the "good chemicals" that help dogs calm down and relax. These good chemicals include things like serotonin, and of course, endorphins; those hormones that runners are always trying to achieve. This reduction of good chemicals can, and does eventually create fatigue both mentally and physically, which adds further stress on the body and mind, and will eventually lead to muscle and brain atrophy and other

physical ailments if allowed to continue.

There is more and more evidence pointing to the fact that continual states of stress as seen in dogs in kennels and shelters, may cause such an upsurge of chemicals from the sympathetic nervous system, that even once the stressors are removed, it can take days, and even weeks for the "good chemicals" to return to normal. This is also true of pain, exercise excess, constant high states of arousing play, and reactive displays of behavior during fear or aggression.

### So how do you know?

Common signs of stress often include both covert and overt physical indicators such as, red eyes, panting, diarrhea, dilated pupils, sweaty paws, muscle

tightness, drooling, shivering, vomiting, and drinking excess water, to name just a few.

Dogs also display many physical behaviors to express their stress, including, biting the leash, jumping on people, reactivity toward people or other dogs, pacing, digging, barking, and even excessive tail wagging, as well as many others.

With that, it's easy to see how people could mistake many of these signs for impulse control issues, and, unchecked, they do become learned behaviors that require behavior modification and training along with a good stress reduction plan that includes some life-style and environmental changes if people are going to be able to help their dogs "wind down."

Teaching dogs to unwind using things like food carrier toys, training and in the very least rewarding them for all calm behaviors will start most dogs on a path to calm. Talking to a qualified positive trainer that can come and evaluate an anxious dog can help people set and implement goals that promote calmness.

I hope this helps your mother understand that her dog is most likely the victim of breeding and stress; both of which can make dogs less than fun to live with if she doesn't know how to address the problems.

Good luck,  
Nan Arthur,  
CDBC, CPDT, KPACTP  
[www.wholedogtraining.com](http://www.wholedogtraining.com)

## ADOPT-A-PET



Introducing Bubba (male), Dakota (female), Freckles (male) and Shadow (male)! These cute and adorable Lab Mixes (a little pointer in one, maybe terrier in another) are looking for four families willing to dedicate the necessary time to continue to raise these puppies as highly-social, well-mannered, fun-loving dogs. All puppies are neutered or spayed, first set of vaccinations, de-wormed and have a microchip. We estimate these puppies will grow to 50 or 60 pounds. For more information call Kathy at (858) 205-9974



Milo is a tall, dark and handsome love. This 1-year-old Lab mix weighs 61 pounds. He is very good looking, sweet, and playful! On top of that, he is quite smart! He already knows "sit" and "shake." He would enjoy and excel at obedience classes to further his education. Need a new best friend? Call FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)) for more information or to arrange a meeting: (858) 205-9974.

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